SNAP-Ed programs teach people how to choose healthy food for themselves and their families while stretching their food dollars.

The SNAP-Ed Difference

In FFY 2018, SNAP-Ed’s Region 5 conducted 560 direct education programs, reaching 13,371 youth and 4,524 adults.

Region 5 conducted 87 Policy, Systems and Environment (PSE) activities in 2018, with 15 launched in the past year, all reaching over 44,000 individuals.

Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught 12,766 young people in 310 schools, after school programs and youth organizations across Washington State.

Attitude and Behavior Changes
Percentages of students who reported an increase in behavior or more positive attitudes, or maintained highest frequency

- **68%** Washed their hands before eating meals
- **53%** Drank more water
- **40%** Chose healthy snacks more often
- **30%** Reported less daily screen time

The Challenge
In 2016, 77% of middle schoolers were drinking 1 or more sugar sweetened beverages every day.

The SNAP Success
After finishing SNAP-Ed nutrition classes, 27% of students drank fewer or didn’t drink any sugar sweetened beverages

3rd through 8th Graders
Percentages of students who increased or maintained highest frequency

- **42%** Ate more vegetables
- **52%** Ate more fruit
- **60%** Did more physical activity

1. 2016 Healthy Youth Survey, Accessed October 30, 2018
From Our Local Agencies

“Kitsap Harvest’s Farmers Market gleaning program’s partnership has exceeded my expectations. When I approached [them] to see if gleaned food could also be sent to my partners at the local women shelter, I had no idea over 600 pounds of fresh fruits and vegetables would be at their disposal...

The women and staff...at the shelter have been overjoyed to receive such nutrient dense, healthy foods...Having access to this food has also complimented and reinforced our nutrition education efforts and messages of eating healthy.”

Program and PSE Activities

SNAP-Ed Works Everywhere in the Community

SNAP-Ed nutritional programs and PSE activities take place in a wide variety of locations throughout Washington State. Providing opportunities for education and PSE changes in diverse locations increases access for the people who most need it.

Top Community Education Sites

Excluding K-12 schools

1. Food banks and pantries
2. Faith-based centers
3. Residential treatment centers
4. Colleges and universities
5. Farmers markets

Top PSE Activity Sites

1. K-12 schools
2. Food banks and pantries
3. Indian reservations

Adult Education Outcomes

Key Behavior Changes

Percentages of participants who increased or maintained highest frequency

- 47% Ate more vegetables
- 46% Ate more fruit
- 58% Used nutrition labels more often
- 20% Decreased regular soda intake

The Challenge

In Washington State, only 12.6% of adults are eating their recommended daily amount of fruit, and only 10.9% meet the recommendations for vegetables.

The SNAP Success

After finishing nutrition classes, 12.8% of adults reported eating their daily recommended amount of fruit and 14.6% ate their daily amount of vegetables.